

WIC Breastfeeding Helpline



**Call or Text :
(360) 520-5250**

**Help is there for you....
even on the weekend and evenings!**

The WIC Breastfeeding Helpline connects you to Alisha, our Breastfeeding Peer Counselor. She will help you with your concerns and questions both in your pregnancy and postpartum. She can:

- Help pregnant women get ready to breastfeed.
- Help new mother get breastfeeding off to a good start.
- Explain way to prevent/solve common breastfeeding problems.
 - Give tips for breastfeeding comfortably and discreetly.
- Help with balancing work or school while breastfeeding.
- Give ideas for getting support from family and friends.
 - Suggestions on positioning and latching baby.
 - Ways for making plenty of milk.
- Help with getting a breast pump and how to use it.
- Refer mothers to lactation specialists, health care providers and other services.

